

Suggested Kit List

Footwear:		Qty	Unit	Remark
1	Trekking Shoes	1	Pair	Preferably shoes with ankle support. Hunter shoes not recommended; Suggested brands: Quechua, wildcraft, CTR etc.
2	Floater	1	Pair	No slippers (for camping use)
3	Normal Socks	2	Pairs	preferably synthetic/woolen.
4	Woolen Socks	2		
Clothing:		Qty	Unit	Remark
4	T- Shirt (Full Sleeves)	2	NA	Preferably Synthetic (Sports jersey/ dry fits)
6	Fleece Jacket & Down Jacket	1 each	NA	Fleece Jacket for use during trek and night stay. Down jacket for use during night stay.
7	Wind proof jacket	1	NA	To be used during the trek
8	Track pant / Trousers	2	NA	Use during Trek. Quick Dry pants preferred. Very thin pants not preferred.
9	Inner wears	Min. 3	sets	
10	Thermal inner set	1	set	To be used at high altitude at night (not during trek)
11	Gloves (Thin woolen)	1	pair	Normal use if cold conditions persists
12	Gloves (water resistant)	1	pair	during windy/snowy conditions
13	Balaclava	1	NA	Trekking/ night use
14	Buff	2	NA	During Trek. Good for protection against wind and UV rays.
15	Sun hat (normal / round design)	2	NA	During trek.
16	Casual cloths / Spare clothes	1	Pair	To be used after the trek
17	Towel / Napkins	2	No	Medium light weight - for use during Trek Normal towel - for use after trek in hotel
18	Handkerchief / Small napkins	2	no.	Normal use
19	Rain coat/ Jacket/ poncho	1	no.	Thin size
Accessories		Qty	Unit	Remark
20	Sunglasses:	1	No	Preferably good quality dark BLACK glasses. You can keep extra.
21	Head Torch	1	No	Good Quality with one set of batteries
22	Walking Poles	1	Pair	Recommended
23	Knee Caps	1	Pair	Optional as per your requirement
24	Food items: dry fruits, candies, chikkis, chocolate bars, glucose powder			Used during the trek. Don't bring too much. It should be just enough to keep you going.
Camping Gear		Qty	Unit	Remark
26	Backpack during Trek	1	No	45-50 l rucksack is suitable
27	Water bottle (Nalgene or equivalent)	1-2	No	No Cold drink bottles
28	Personal medication and toilet kit			As per the prescription and necessity.